EVENING PUBLIC LEDGER-PHILADELPHIA, MONDAY, SEPTEMBER 22, 1919

A GRIPPING NEW SERIAL-HEALTHFUL MEALS FOR FALL-RESULTS FROM SCHOOL-CYNTHIA VARIED WAYS TO MAKE COLESLAW; MOTHERS AND TEACHERS The Testing of Julia Grant ,

MRS. WILSON GIVES GOOD RECIPES

And Suggests Serving This Appetizing Dish to Have Variety in the Necessary Green Foods

The Health of the Family Depends on Sufficient Celery, Romain, Water. cress, etc.

By MRS. M. A. WILSON Copyright, 1918, by Mrs. M. A. Wilson, All Rights Reserved. THE human body demands, to maintain itself and be efficient, mineral salts which are found in the various foods. The soft and bony

tissues, the blood stream and its red corpuscies, as well as the processes that regulate the nutrition, must all be given a full and sufficient portion if they are to be expected to perform their tasks.

Now as cold weather draws close. madam, the housewife, feels that to include in the menu such foods as cabbage, celery, lettuce, romain and endive, parsley, watercress, both red and green peppers, served raw in the form of a salad, means an additional expense. For these are, as the housewife sees it, unnecessary or luxurious dishes.

But today the physicians, one and all, regardless of their schools, will all agree that it is the food you eat then add that makes for health. Either there is intelligent use of these foods or there is indifference, carelessness and pour over the well-drained cabor ignorance in regard to the proper bage and pepper. methods of cooking food.

Many folk spend the best part of their lives in misery. Frequently they blame the physician for their own carelese and indifferent habits of eating. Today the word "eating" has come to mean more than just the satisfying of the body's craving for food. It means a wise and ra- minutes and then add tional choice of food; it means physical fitness; and it means that those of us who choose wisely and well will have good, rugged health, while those who make a mistake reap a veritable whirlwind of ill health. Just to have variety in the green

h Coleslaw Sheer of cabh

ion, grated, One s Two green peppers, chopped fine,

fine. One-half cup of salad oil, Four tablespoons of vinegar. One and one-half teaspoons of salt. One teaspoon of paprika. One-half teaspoon of mustard. Toss gently together until well

mixed and then serve well chilled.

Hot Slaw

tard,

in a saucepan

Now add

SERVE SALADS FREQUENTLY

Physicians are agreed that It is the food we eat that makes for health. No housewife ought to listen to the temptation to save on the table in the fall and winter by omitting salads. They are just as necessary then as at any other time

add

milk, Four tablespoons of vinegar Beat until thin and creamy, and

Two tablespoons of celery seed. Four tublespoons of mustard seed.

Cooked Sour Cream Dressing Place in a saucepan Three-quarters cup of sour cream

One-quarter cup of vinegar. Four tablespoons of flour. One well-beaten egg.

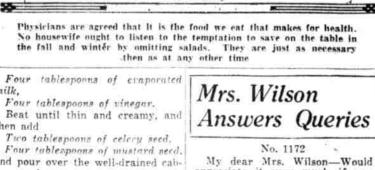
Four tablespoons of salad oil, Two teaspoons of salt. One teaspoon of paprika. One teaspoon of mustard. One tablespoon of sugar.

Stir egg and oil and seasoning toor preventive foods serve cabbage as gether to blend before adding to the cut in two-inch blocks, sour cream mixture. Then beat well, remove from the fire and cool. Re-

medium-sized head duce to the desired consistency with place in a bowl. Add vinegar. Use on lettuce and potato, celery and vegetable salads

Four branches of parsley, chopped SILK EMBROIDERY

ON A BLUE SERGE water to cover. Bake in a moderate oven, for three hours.



My dear Mrs. Wilson-Would appreciate it very much if you could give me directions how to make Boston baked beans and also potato salad, and oblige. Mrs. S. H. S.

Boston Baked Beans

Soak one pint of beans in plenty bring slowly to a boil. Cook for five morning carefully wash, and place drain, and cover again with water, out in great loops over her cars-Bring to a boil and cook for ten minutes, and then drain and place she shared with Julia just as the two

> plied it One-hali pound of salt pork.

One cup of stewed tomatoes, had stepped aside to give her sister ubbed through a sieve. Four tablespoons of molasses. One teaspoon of salt. One onion, chopped fine.

One-half teaspoon of pepper. One-quarter teaspoon of mustard. Mix well and then add sufficier.

Potato Salad

int of potatoes add Two onions, grated. One green pepper, chopped fine.

By HAZEL DEVO BATCHELOR

THIS STORY BEGINS TODAY

TONIGHT she must learn the truth. good-by was off. Julia could hear her things simply could not go on like rapid feet running down the two flights this any longer. For days she had of stairs, thein light thud sounding soft thought of nothing else but Dan's grow- on the carpet.

had lain sleepless hour after hour while Why did she feel this way when she the resonant old clock in the hall down- was just going down to meet Dan, her solemnly struck off the hours, and own Dan? Why, she would be his wife and hope to see while Lucy slumbered peacefully at her in three weeks, and this feeling that · was something like doubt, and that had

good sized room on the top floor of the old-fashioned three floor and basement brownstone house. Electricity had not as yet been put in, and on one side of bureau a gas jet flickered under a promises? A dread had been growing shade of crepe paper. Julia could see the entire room reflected in the mirror. Julia was so frank and open herself and flat millows the formany days. a dread of the

burst in.

WHY YOU JUST CAN'T HELP

FOLLOWING "JULIA GRANT" HAZEL DEVO BATCHELOR has written a splendid and unusual story

in the serial that begins on the Woman's Page today. It is a gripping story with real, living characters, and a plot that turns in amazing and unexpected fashion. But more than this, it is a helpful story. Hundreds of girls have been placed in the position in which Julia Grant finds herself. Jilted! With the bottom of the world fallen out, she must face people; go on cating, sleeping, yes, smiling. A person must keep a stiff upper lip. But how? What Julia Grant did, bravely groping upward to the sunshine, makes you want to take off your hat to her. You want to follow her for unes and see that life pays her back as she deserves to be paid." This is me reason why we honestly believe you will want to reads this serial with out skipping a single installment. Julia Grant is a girl you just naturally can't forget about !

little thing, the exact opposite of Julia. night she would ask Dan for the truth Her lightish hair was frizzed around and he would have to tell her. Perper small face, which was shaped like haps there would be nothing to Julia's, but was not quite so fine. Her perhaps her fears were, after all, just Stir to dissolve the flour and then of cold water over night and in the mouth was pretty and weak, her eves foolish ones, perhaps she would sleep were blue and wide, questioning, curious topight with renewed trust in Dan's eyes. She wore a light tan cape, which capacity to make her happy. In this in a saucepan and cover with cold floated from her shoulders, and a wide, frame of mind and with this faint water. Bring to a boil and then floppy hat. Her fair hair was pulled hope in her heart she opened the door of the hedroom and began to go slowly She rushed over to the bureau which downstairs.

"Yes.

The halls were unlighted, and the in a casserole or baking dish, and girls shared everything else in the room. stairs were very dark. As Julia reached the second floor a door was suddenly picked up a hottle of perfume and apopened and her mother looked out liberally to the front of her shirtwaist, stopped for a dab of powder on her nose and observed to Julia, who father in his shirtsleeves reading the evening paper under the dreary light. Julia's mother regarded

oom, "Dan's downstairs. Julia started. "Has he come? I didn't hear the bell."

up here ever since dinner. anyway : you even a touch of white at the wrists or

throat to relieve its somberness. Above it her face rose creamily white and sin-Dice cold-boiled potatoes. To one gularly pure. Julia rarely had any two. isn't it?

color, and Lucy thought it very unbewith rouge whenever she went any- as she replied. "Of course, mother."

Please Tell Me OUGHT TO DO TEAMWORK What to Do

By CYNTHIA

Mothers Are Right Dear. Cynthia-Our mothers object

thought of nothing else but Dan's grow-ing indifference, for nights she had taken her agony to bed with her and the sudden wild beating of her heart. taken her agony to bed with her and the sudden wild beating of her heart. taken her agony to bed with her and the sudden wild beating of her heart. taken her agony to bed with her and the sudden wild beating of her heart. taken her agony to bed with her and the sudden wild beating of her heart. taken her agony to bed with her and the sudden wild beating of her heart. taken her agony to bed with her and the sudden wild beating of her heart. the sudden wild beating the sude wild beat the sudden wild beat the sudden wild b our going out in the evening. We EVENING PUBLIC LEDGER SOON. ANXIOUS SCHOOL GIRLS.

Julia Grant stood before the mirror been torturing her for a long time. In her bedroom staring into it without wasn't it unworthy of their love and all seeing her features. It was a fairly it stood for? Your. And yet how could she put it down evenings unless they are with their parents or older persons.

The Girls Pass Him Up

you before, so spare me some space. I'm right thing in school hours. twenty three, look it and act it, fond and flat pillows, the few cheap framed pictures on the walls, and lastly her-self. If Julia had cared to study the a child determined to have a good reputation with my pals. Here's home. This is so frequently done to ask him what pletures on the wais, and lasty ner-self. If Julia had cared to study the a talk with Dan to ask him what reflection, she would have seen a beau-was wrong something at the last mo-

"You had better learn to dance: you his fancy. I would say that is a very out of place on my part to ask him to would like it. Cheer up; some day low. The present day fel. you and "a girl who doesn't powder" may "hit it off."

Another Letter, Anxious! Deat Cynthia-I would like to answer "Anxious's" letter. Although it has been answered many times. I don't feel that his real question has been answered, namely, "Why do the ma-jority of girls like flattery?" Now, Anxious. I don't want you to

think I am that kind, but here is my idea as to the direct answer to your question. Most all girls like to know when their boy friends like them. What do you think of my answer. Cynthia? Also, you tobi us that maybe

you would tell who you were. Please change that maybe to an absolute truth that you will.

It seems better that Cynthia's identity remain's a deep, dark secret.

for advice. We have been going with two fellows for quite a while, each twenty four. Do you think they are too old for us? Please suggest what

BROWN AND HAZEL EYES. Yes, young men of twenty-four are gas her entirely too old to be going around with eldest daughter silently. She had never girls your age. You are by far too understood Julia. Lucy was her fa- young, anyway, to settle down to any vorite; she could meet Lucy on her own particular boys. Why not go around door shut. What have you been doing grounds, Julia was harder to under-up here ever since dinner, answer, you stand. somewhere near your own age? You In the light that streamed out into ought to be in the house between 10 haven't dressed?" Lucy looked at Julia the hall Mrs. Grant looked tired, and and 10:30 at night if you go out with

"Everything's all right between you Dear Cynthia-I read in the Eve Julia tried to control the quiver in coming. She touched her own cheeks her voice and the misgiving in her heart the following poem (?) will help him to tell whether he is in love or not : When her name causes your heart

A Child Gets His Idea of the Value of School at Home-See That It Is the Right One

opinion on the subject. We assist with housework after school. Thanking you and hope to see your answer in the more than there is for grown-ups. All the other place to get their sense of the value of things but at home. If lessons your answer in the the painless education in the world can- value of things but at home. If Jessons not take the place of genuine study and the persons who teach them are by the children themselves. painted as a necessary evil, then a neces-It is up to parents to see that their sary evil, or rather an unnecessary evil.

they become and stay throughout the child's school days. children do study and take the proper interest in their lessons. This doesn't necessarily mean endless grinding at PARENTS and teachers ought to be home, work, because some schools re- Pand friends, each knowing what the

quire very little work outside the build-other is about in regard to the welfare ing. But it means actually seeing to of the child, before they can do good Dear Cynthia-I've never written it that the boy or girl is doing the teamwork. Of course, there is no use

trying to say that any perfect system of good reading, plays, movies, etc. a child does not take the proper in-and teacher would result in turning the

reflection, she would have seen a beau-tifully shaped head crowned with masses of redish hair that was almost black in places, delicately arched brows, one of which had a fascinating habit of elevating itself above the other wich she talked, blue gray eyes under very thick lashes, and an almost straight mouth, beautifully cut and curved like The door opened suddenly and Lucy child's. The door opened suddenly and Lucy which she knew would have to come introduce the sometime. And tonight she had made up her mind to suffer no longer. Tothe scheme of things. Girls, "where do keep herself reserved, while he ran church functions, etc., and 1 would I get off at?" "MISTER 23." around with every one who might strike like to know very much if it would be around with every one who might strike like to know very much if it would be

They all run around with the come, as I would sooner have him than lows. doll kind, flatter them unmercifully and a girl any day. in general make them believe black is Would it be proper for him to pay white and the girls believe them, too. the carfare? Also if he suggested re-

But when these fellows are ready to freshments, should he pay fo settle down they select some girl who is refined and not one every fellow may

These girls would do a good thing for themselves if they would wake up and take an interest in something due from fellows and let them roam around the boy goes with you in the afternoon by themselves until they, too, wake up. MARY. let him pay the carfare. The only refreshments which a little girl of your

Cheer Up. Business Girl Dear Cynthia-I have read your colmn for quite a while and am very much

THE cooking movies in which Mrs. I.M. A. Wilson shows how to bake tasty delicacies are shown as fol-

Monday, Tuesday and Wednesday 'olonial, Camden. Thursday, Friday and Saturday, Fairmount, Twenty-sixth street and

Lebanon Crumb Cake (Six servings for twenty cents) At the Strand in Camden all week. Queen Victoria Sponge Cake Thursday, Friday and Saturday. Lincoln. Forty-uinth street an Woodland avenue.



Vale .

COLUMN TRADE OF THE OWNER OWNER

age could have with a boy would be ice cream and cake or soda. These should Hope the Willie Boys will read your letter. Mary, and profit by your words. not be taken anywhere but in an ice cream store or drug store. Little girls Shall She Ask Boy? should not go to restaurants or cales, My dear Cynthia-Will you kindly Where Cooking Movies Are Shown This Week

interested in it. I read the letter signed by a Business Girl. She is acking why hoyn-seem to like the painted dolls. Some boys prefer the painted dolls because they can use them as a child plays with its tors. Those boys who ask girls for kisses are looking for a play toy more than a girl's friendship. If she refuses he knows she is not the girl to play with.

CENTRE OF THE OWNER OWNER OF THE OWNER OWNER

good friends, each knowing what the

So. Business Girl, have hopes, for you have not met the right fellow, JOHNNY Cuticura is Good for Hair and

SENSIBLE.

lows this week: Charlotte Russe (Six for twenty-five cent

Through the door Julia could see her hour for us to come home?

curiously as she spoke. Julia wore a Julia held out her hand impulsively. the sort of young crowd to which I re "What is it, mother?"

tell

"Nothing; is Dan downstairs?" ,Can This Be Love?

NING PUBLIC LEDGER of September 17 the letter of Quentin McL. and hope that

JUST DOTTIE. You Are Too Young Dear Cynthia-We are two girls. both sixteen years of age, and have come for advice. We have been going with



Stir to dissolve, and then bring to boil and cook for five minutes. One well-beaten egg. Four tablespoons of salad oil, Two tablespoons of sugar. One and one-half teaspoons of sait. One teaspoon of paprika. One teaspoon of mustard. Beat well to thoroughly mix, and then drain the cabbage well and add

One tablespoon of celery seed, The prepared dressing. and then toss well to mix.

Fancy Coleslaw Shrad fine

One head of cabbage, One stalk of celery, Two green peppers, One small onion Place in cold water to crisp. Drain and then turn into a bowl, and over with any dressing desired.

Creamed Cabbage Shred and chop fine head of cabbage, Three grass pappers. ce in water to crisp, and then popular. the mayonnaise dressing as

Mayonnaise Dressing Place in a soup plate folk of one egg. narter teaspoon of mustard, teanpian of lemon juice. to bland and then add thres-rs cup of salad oil, beating in ad oil very give. Then add